

Summer Food Service Program Meal Patterns

Food Components	Breakfast (Select foods from all 3 components)	Lunch or Supper (Select foods from all 4 components)	Snack (Choose 2 of the 4 components)
Milk			
Milk, fluid	1 cup (8 fl oz)	1 cup (8 fl oz)	1 cup (8 fl oz)
Vegetables and/or Fruits			
Vegetable(s) and/or fruit(s) or Full-strength vegetable or fruit juice ¹ or an equivalent quantity of any combination of vegetables(s), fruit(s), and juice	½ cup ½ cup (4 fl oz)	¾ cup total	¾ cup ¾ cup (6 fl oz)
Grains and Breads²			
Bread or Cornbread, biscuits, rolls, muffins, etc. or Cold dry cereal or Cooked pasta or noodle product or Cooked cereal or cereal grains or an equivalent quantity of any combination of grains/breads	1 slice 1 serving ¾ cup or 1 oz ½ cup ½ cup	1 slice 1 serving ¾ cup or 1 oz ½ cup ½ cup	1 slice 1 serving ¾ cup or 1 oz ½ cup ½ cup
Meat and Meat Alternates	(Optional)		
Lean meat or poultry or fish ³ or Cheese or Eggs or Alternate Protein Product or Cooked dry beans or peas or Peanut butter or soynut butter or other nut or seed butters or Peanuts or soynuts or tree nuts or seeds ⁴ or Yogurt ⁵ or An equivalent quantity of any combination of the above meat/meat alternates	1 oz 1 oz 1/2 large egg 1 oz ¼ cup 2 tbsp 1 oz 4 oz or ½ cup	2 oz 2 oz 1 large egg 2 oz ½ cup 4 tbsp 1 oz= 50% 8 oz or 1 cup	1 oz 1 oz 1/2 large egg 1 oz ¼ cup 2 tbsp 1 oz 4 oz or ½ cup

For the purpose of this table, a cup means a standard measuring cup. Indicated endnotes can be found on the next page.

Endnotes

1. Fruit or vegetable juice must be full-strength. Juice cannot be served when milk is the only other snack component.
2. Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified.
3. A serving consists of the edible portion of cooked lean meat or poultry or fish.
4. Nuts and seeds may meet only one-half of the total meat/meat alternate serving and must be combined with another meat/meat alternate to fulfill the lunch or supper requirement.
5. Yogurt may be plain or flavored, unsweetened or sweetened.